



Source: USDA, Agriculture Research Service, National Nutrient Database for Standard Reference

Nutritional Values of Sweeteners

Nutrient	Unit	Value per 100 g				<i>Not used by US</i>			
		Honey	Maple syrup	Dates	Molasses	<i>Sugar granulated</i>	<i>Agave</i>	<i>Stevia</i>	<i>Splenda</i>
Protein	g	0.3	0.04	1.81	0	0	0.09	0	0
Carbohydrate, by difference	g	82.4	67.04	74.97	74.73	99.98	76.37	100	91.17
Fiber, total dietary	g	0.2	0	6.7	0	0	0.2	0	0
Sugars, total	g	82.12	60.46	66.47	74.72	99.8	68.03	0	80.33
Calcium, Ca	mg	6	102	64	205	1	1	0	0
Iron, Fe	mg	0.42	0.11	0.9	4.72	0.05	0.09	0	0
Magnesium, Mg	mg	2	21	54	242	0	1	0	0
Phosphorus, P	mg	4	2	62	31	0	1	0	0
Potassium, K	mg	52	212	696	1464	2	4	0	4
Sodium, Na	mg	4	12	1	37	1	4	0	0
Zinc, Zn	mg	0.22	1.47	0.44	0.29	0.01	0.01	0	0
Copper, Cu	mg	0.036							
Manganese, Mn	mg	0.08							
Selenium, Se	Âµg	0.8							
Fluoride, F[5]	Âµg	7							

Compiled by Anu Rana's Healthy Kitchen